

Strive to Thrive

Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni.

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Your Step-by-Step Guide to 1st Year

Including Free Available Resources

'Fit for Business' is Your Community

Fit for Business (FFB) is a globally recognized, Salesforce award-winning, transition program designed exclusively for first-year students at the Ted Rogers School of Management. This program empowers students with a community and a path to achieve academic, career, and personal success. Enabling engagement outside the classroom creates more collaborative, resilient, and innovative students that are better equipped for the business world.

Transforming the first-year experience, students transition into Ted Rogers School with a higher sense of community, knowledge, and confidence to access and participate in the right services, resources, and events for success.

Get Connected

TedPacks

You have the opportunity to connect with a network of peers, build a strong community, and gain student leadership experience.

My Story in 30

My Story in 30 is a podcast series hosted by the FFB team where we interview upper-year TRSM students about their real and unfiltered university experiences in 30-minute episodes.

Stay Informed

FFB Newsletter

As the first year is an important transitional phase, we provide a streamlined communication channel with one weekly FFB email to keep you informed.

Social Media

Follow FFB on [Instagram](#), [Facebook](#), [Tiktok](#), and [LinkedIn](#), to stay connected!

Become Engaged

Events

Check out how we engage students beyond the classroom through our events and opportunities.

FFB 360

Take a glimpse into the diverse opportunities at the Ted Rogers School with FFB 360, where we provide you with insights into what our first-year students experienced.



Academics

You have the power to achieve academic success regardless of any challenges you may face. Whether you're adjusting to a new academic environment or need assistance with an essay, there is support ready to help you thrive.



[Program Advising and Student Success \(PASS\)](#) supports the academic life of Ted Rogers School students. PASS promotes the use of strong learning strategies and study skills required to achieve and/or maintain academic success. Services include;

- **[Tutoring](#)**: Virtual course tutoring sessions are led by upper-year TRSM students who previously succeeded in the course. There are three types of tutoring sessions we offer which are: Tutoring, Peer-Assisted Learning (PAL) and Peer-Led Course Review.
- **[Writing Support](#)**: There are two options for our TRSM students to access writing and language support through the virtual Writers' Cafe and 1-on-1 appointments
- **[Student Advising](#)**: Student Advising is your first point of contact for students who are seeking advising on their program. Academic advisors are here to support you with the selection and sequence of courses for your program, major, and or minor.



Finances

As a first-year student, you have the power to access resources and achieve financial independence. Empower yourself to take action and explore opportunities that support your financial well-being.



[AwardSpring](#) is the one-stop scholarship and awards application domain for Toronto Metropolitan University (TMU), where students can apply for hundreds of grants, awards, and bursaries based on financial need, student involvement, or personal experience. You can apply for any of the 1400+ opportunities available to you by completing the general application!



[Career Boost](#) helps eligible full-time undergraduate students at TMU on campus. To support the practice and scholarship of learning at the University, the program collaborates with academic and administrative units, faculty, staff, and students.



Business Career Hub

Empower yourself to take control of your career path by accessing available resources to develop technical and professional skills that are relevant to Corporate Canada.



[Book an appointment](#) with a Career Consultant at the [Business Career Hub](#) (BCH). The BCH offers career development opportunities tailored to each student's individual needs and program specialization.

- Resume/cover letter reviews, mock interviews, and skill-building are examples of the many BCH services offered to students.



[TRSM Bootcamps](#) offer students the opportunity to constantly upgrade and improve their technical and soft skills through industry and facilitator-led Bootcamps - all for free.

- Bootcamps for **Excel, Python, Tableau, Digital Marketing**, and other topics are available.



[TRSM Co-op](#) offers students the opportunity to gain up to 16 months of paid work experience before graduation. With top employers such as CIBC, Sephora, and the Government of Canada, Co-op students are more likely to secure full-time employment before graduation.

- The [Co-op Application Guide](#) provides a step-by-step breakdown of the Co-op application process and requirements
- The [Co-op on your Mind](#) event is an excellent resource where you can get any burning questions answered during your first year about pursuing Co-op



QUICK TIPS



From networking events, where students have the chance to connect with a future employer, to industry preparatory programs, check out the [BCH Events](#) page to stay up to date on current events.



Student Life & Events

Getting involved on campus during University is an excellent way to enhance your overall experience. It provides you with opportunities to meet new people, develop important skills, and explore your interests outside of the classroom. Whether you join a student organization, participate in events, or volunteer for community service projects, getting involved on campus can broaden your horizons, help you build a strong network of peers and mentors, and make your time at University more meaningful and memorable.



The Ted Rogers School has over 30 [student groups](#) that cater to multiple interests, where you can gain hands-on experience that will build your social and professional network. Student groups include;

- [Ted Rogers Student Society](#)
- [Ted Rogers Marketing Association](#)
- [Ted Rogers Management Conference](#)
- [Black Business Student Association](#)
- [Ted Rogers Investment Council](#)
- [Women in Information Technology Management \(WITM\)](#)



Fit for Business, alongside the Ted Rogers School, hosts hundreds of events each year - below are a few events you can look forward to in first-year:

- **Academic Orientation:** [Academic Orientation](#) will introduce you to your program, faculty, and the resources available to you at TMU
- **Discover the Majors:** Unsure what major you want to pursue? In collaboration with the Ted Rogers Outreach Program (TROP), the [Discover the Majors](#) event offers insight into each of the 12 TRSM undergraduate majors, featuring professors, alums, and current students.
- **Mock Lecture Series:** Get to understand how your potential major lectures will look like with this event series of [Mock Lectures](#).



Personal & Other

Here are some other useful resources to take advantage of during your time at the Ted Rogers School of Management



[The ServiceHub](#) is the Office of the Registrar's front-line service centre, providing assistance with undergraduate admissions, fees, financial assistance, MyServiceHub support, exams, class schedules, Chang School course enrollment, applying to graduate school, and more.



[International Student Support \(ISS\)](#) works to foster a sense of belonging and community for all students who are new to Canada as well as for those students seeking a global experience on campus.



Take advantage of all the world has to offer by studying abroad with the Ted Rogers [International Student Exchange Program](#). Apply to go on an exchange for a semester or a full year and receive one full academic credit, equivalent to a full course load.

How FFB Transformed my 1st Year Experience



Student, Human
Resources Management



Transitioning into University can be hard and scary, but there are many resources available to ease your University life. I was able to take advantage of these resources through the guidance of Fit for Business. Fit for Business makes it easier for the first years by compiling all needed resources, important information, and events in one newsletter every week. This newsletter helped me identify new opportunities that I can get involved with and become more engaged. The program guided me to use resources like Student Advising and the Business Career Hub and get involved with student groups. No matter how scary things are, support is always available. All you have to do is ask.

BAVISHA THAVARAJAH

TRSM Digital Tour Guide

Never been to TRSM before? Are you unfamiliar with the building? This virtual tour guide, created by Fit for Business, highlights all floors of the Ted Rogers School of Management, the different places to study, and more.

Click [here](#) to view the full guide

Want to Learn More for Free?



Student Mental Health Resources

[TMU Mental Health and Wellbeing](#)



Podcasts

[My Story in 30](#)



Books

[Books for Students](#)



Visit the Business Career Hub

Employer Events

The BCH hosts several employer events to prepare you for your professional career. Refer to your weekly 'BCH Careers Newsletter' for a list of upcoming events.

Bootcamps & Prep Programs

Advance your technical and soft skills, earn digital badges, and gain an advantage in today's workforce through Bootcamps. [Click here to register for current Bootcamps.](#)

Coaching & Mock Interview

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.



Staff Contributor

Sarah August Devlin

Sarah is a Co-op Coordinator with 7+ years of experience in the human resource, recruitment, and career services industry. She is passionate about helping students communicate their value using a strengths-based approach to land meaningful work.



Student Contributor

Siyaan Sivasunthararasa

Siyaan is a Co-op Student in the Global Management Studies program who completed a Work Term at the Globe and Mail and just starting his 2nd at Interac this Fall.